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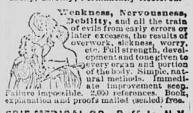


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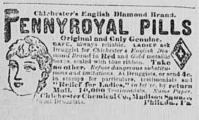
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## MUSCULAR STAGE FOLK

Most Theatrical People Are Fond of Athletics.

SEVERAL NOTABLE EXAMPLES.

Maurice Barrymore, Actor and Athlete, Corrects a Mistaken Impression-The Health Retaining Methods of Some Pepular Female Footlight Favorites.

The idea seems to prevail that actors are as a class a weal, effeminate lot of fellows and actresses an ease seeking, luxury loving, nerveless set of creatures. This theory is, of course, ridiculous, as I shall make it my business to prove to the satisfaction of any fair minded man or wom-

an.

The mental and physical strain to which professional people are subjected doubt-less tells on many of our guild, and they frequently experience "that tired feeling" which quacks talk about, and naturally it is reflected in their countenances

or indicated by their bearing.

It is no jože, for instance, to travel all night in a sleeping car, appear at 10 a. m. for rehearsal after partaking of a hasty bath and equally hasty breakfast, again appear at 7 p. m. for the evening performance, make for the depot at mixing her, vide all night until the next town is reached and go through the same drill on the follow



MAURICE BARRYMORE.

Yet that is what every dramatic company which goes out of New York is compelled to do after the circuit of big cities is made, for outside of cities of from 50,000 to 100,000 inhabitants only one night stands" are made by the very test companies. In cities of this size best companies. In cities of this size but from two days to a week are spent. This necessitates a change of programme every night, a rehearsal frequently in the morning and a study of one's part at night after the play or in the morning before rehearsal.

hearsal.

The physical and mental forces, it can thus be seen, are taxed to their utmost, and yet actors and actresses are as a rule sound, healthy men and women. This is and yet actors and actresses are as a rule sound, healthy men and women. This is due, first, to the splendid vitality which they must necessarily possess to become members of so ardnons a profession, and, secondly, to the magnificent care they take of themselves. The laws of hygiene—dead letter to most of humanities. letter to most of humankind—are rigor-ously observed. Fresh air, wholesome, nourishing food, invigorating baths and a fair amount of exercise form part of their daily regimen.

There are occasions, to be sure, when There are occasions, to be sure, when the men at least yield to the temptations of late suppers, the social cup and the blandishments of a gay company of rollick-ing good fellows who can speed a tale or turn a witty epigram in a way that will hold chaps over the festive board until the first rays of the sun begin to twinkle in the east. These occasions do not occur anything near as often as the public images, for the simple reason that neither the purse, the constitution nor the time of the actor would permit of it, no matter how willing the spirit may be. Especially is this true should the actor be ambitions and desirous of succeeding in his profesand desirous of succeeding in his profes-sion. Constant work and unremitting study, he knows full well, are the factors which lead to success, and not jolly com-pany or cheering wine. There are brigh and brainy follows. I admit, who do not live up to this standard, but, on the con-trary, look or life as a perpetual holiday. They are the exception, however, and not the rule.

the rule. As for the women of the profession, they are an honest, earnest, industrious body. They are as good, as clover and as loyal as any set of women the world over. They work as hard as the men and are qually ambitions. Occasionally one who is exceptionally favored as to beauty and accomplishments yields to measurine admiration, and for a time gives way to late suppers, afternoon dinners and to case seeking generally. But if the girl be ambitious this species of non-sense is soon dispensed with and she works all the harder to succeed in her art. In time she marries to succeed in herart. In time she marries and becomes the best of wives and moth-ers and of artists as well.

I will mention a few members of the profession whose athletic provess is not

generally known. McKee Rankin, who gained fame and fortune in the Danites," is one of the best annuteur wrestlers in America today. boxer and general athlete. At wres-tling years ago he could hold own with Clar-ence Whistler, Edwin Bibby and William Muldoon. Once indeed I saw him "try out" Muldoon at nt Wood's old gym-nasium some years ago in a way that astonished blue eyed Billy. It took the cham-

40 pion just one hour to floor him. BARRYMORE AS CAPTAIN SWIFT.

Handsome, good natured big Burr McIntosh was a dozen patured big Burr McIntosh was a dozen years ago the crack sprinter of Princeton and indeed of all the American colleges. He was almost as speedy as the wonderful Wefers or the fleet Bradley is today. Besides, he is a splendid all around athlete—the best in Princeton in his day. He can run, bax, row, tence or ride with almost any amateur at the present time. Charles A. Stevenson, the husband of Kate Claxton, and a sterling good fellow

as welf as actor, 20 years ago was one of the crack athletes of Trinity college, Dub-lin. Many is the hard "town and gown" row he participated in at the Irish capital, and he was never found wanting when a manly part was to be essayed. He could

and he was never found wanting when a manly part was to be essayed. He could hold his own with most men today.

And the Salvinis—elder and younger—where could you find finer specimens of manhood than this glorious team? Tomasso, the elder, is a veritable glant in body as well as intellect. His strength is prodigious. I really believe that he is as powerful as Sandow, Samson, Johnson, Landin, Romulus, Attila or any of the professional strong men. fessional strong men.

As for the younger Salvini, he is one of

best amateur boxers and fencers in

America taday. In sporting parlance, ho could give any of the boys a turn.

Bob Hilliard, formerly a society leader in Brooklyn, but now a star actor, is also a splendid athlete. He can box, wrestle, irron-verse parts and toncers in the control of the control o jump, row or run with most amateurs right now. At boxing he would puzzle some of the crackajacks to beat him. Ho is a good fellow, too, and is not a bit "stuck on himself" if he is good looking.

James E. Wilson, the tall, handsome, elerical looking young actor who has made a decided bit in several willow.

a decided hit in several military dramas of late, is a fine athlete. Years ago in California he could, I am told, give Champion Jim Corbetta pretty interesting argument with the gloves.

Big, broad shouldered Harry Meredith,

sig, broad shouldered Harry Meredith, who got into a breezy controversy with the famous sportsman Jere Dunn at the Hoffman House some time ago, is equally clever at wrestling and boxing, and it would take a very good man to place him hors de combat.

Melbourne McDowell, the husband of Fanny Dayerwert is a strenging big of

Fanny Davenport, is a strapping big fel-low, who is good at almost any kind of game. He can put the shot and throw the hammer fairly well, and he can lift like a derrick. He is a bit too slow to box well, but he is strong enough to tackle Muldoon or Roeber at wrestling.

Of the ladies—God bless them, as our

gallant old sires would say—I know at least a dozen who are athletic to a degree. Mary Anderson, before her marriage with M. Navarro, used to walk from 10 to 12 miles a day, besides indulging in calisthen ies to keep her fitted for her ardneus la-bors. Fanny Davenport daily takes light gymnastic exercise at her home, and is as gymnastic exercise at her home, and is as strong physically as she is mentally. Pauline Hall is one of the best lady bicyclists in the country, and I am confident could defeat Virginia Fair, Mrs. Henry Clews and the other fair cyclists of Newport who have won such renown by their skill and speed on the wheel. Miss Hall demonstrated what grit and spirit of self denial she possessed when she went deliberately into training to reduce her weight and gain strength. She went through the same physical process almost as Jim Corbett and Bob Fitzsimmons have been doing. She rode the bicycle, put on "sweaters," took long walks, swung light clubs and dumbbells, bathed and was rubbed down by an attendant, the same as a man. In four months she had reduced her weight 40 pounds. As the reduction was gradual pounds. As the reduction was gradual she lost no strength, but, on the contrary, gained so greatly in that desired quality that she became almost as strong as a man. "Airy, fairy Lillian" Russell also tried

"Airy, fairy Lillian" Russell also tried the bicycle when her lovely outlines became too "generous," as little Lawyer Abe Hummel facetiously put it. Lillian, too, put on "sweaters" and for a month stuck nobly to the work. It was too hard for her, though, and she gave in—not, however, until she had become quite hard and strong. Miss Russell now resorts to light calisthenies and Turkish baths to "melt" her "too solid flesh," and is always in fine her "too solid flesh," and is always in fine physical condition.

Lilly Langtry does not ride a wheel,

but she does exercise inordinately to keep down corpulency. The "Jersey Lily" thinks nothing of taking a 25 mile jaunt besides swinging clubs, putting up dumb-bells and handling a foil. She is one of the best lady fencers in the world today and is as museular as most men.
Rose Coghlan and Annie Sutherland

Rose Coghlan and Annie Sutherland are both "big and brawny." They take a lot of outdoor and indoor exercise. Miss Coghlan goes out in the stormiest of weather for her five or ten mile "constitutional," and it would be a pretty flerce day that would keep Miss Sutherland from enjoying her promenade. The result is that both ladies are as strong and healthy as any twain one would meet in a day's as any twain one would meet in a day

Pretty Blanche Walsh, stately Isabelle Urquhart, sprightly Cissy Fitzgerald and vivacious Carrie Turner are all athletic young women. They know the value of health and strive to retain it. None of these rides the wheel or plays golf, but they all spin off five or ten miles of a walk every day and do light calisthenic work at home.

I could mention many more instances to give additional proof of the position I have taken, but these, I think, will suf-



Paul Hervieu's New Play.

Paul Hervieu, one of the foremost among the younger generation of French novelists, has completed a most interest-ing play entitled "Les Tenailles." It is a psychological play, and with a serious moral problem. The play is to be produced at the Francais shortly. It is to be hoped that it will be more successful than Her-vieu's first attempt at playwriting, a play called "Les Paroles Restent" ("Words Remain"), which did not score at the Vaude-

ALL SORTS OF SPORTS.

Queen Victoria is said to be an excellent chess player. Jockey Fred Taral will ride for Marcus

Daly, the "copper king," next season. F. W. Freeborn has been elected captain of the Cornell university crew for 1896. Strathberry, 2:04%, and Star Pointer, 2:04%, look likecoming champions among

It has been estimated that there are 65,-000 active bowlers within New York city. The prizes amount to \$35,000, while the capital invested in alleys, pins and balls

foots up \$2,000,000. Captain Van Doozer of the life saving capanii van Boozer of the hie saving erew at Evanston, who was forbidden by the department at Washington to play on the ball team of Northwestern university, has resigned his position in the life saving service and will devote his entire attention to football

Golf is a very old game. The Scotch par-liament tried to check it in 1457 for the liament tried to check it in 1457 for the purpose of fostering archery. The oldest known picture of golf is in a Flemish MS. of 1500-20 at the British museum. Here are seen two men putting at the hole, while hard by another is addressing himself to his ball at the tee. Thus, in essentials, the game has been unaltered for nearly 400 years and probably is much older.

THE TINY DEFENDER, ETHELWYNN She Is the Opponent of Spruce IV In the

The tiny yacht Ethelwynn, which is the opponent of Spruce IV in the international races for the Scawanhaka-Corinthian Yacht club's \$500 small boat trophy, is owned by Cornelius J. Field, and has beaten all the small yachts of American build she has met. She is what is known as a death of the control of the problem of the control of th double skinned craft. Her inside planking



THE ETHELWYNN AND C. J. FIELD.

white cedar to the thickness of a is of white cedar to the thickness of an eighth of an inch, her outside planking being of one-quarter inch Spanish cedar of mahogany rubbed down to three-sixteenth of an inch. Between the two plankings is a layer of union silk, covered with two coats of white lead paint. In general difference, and her longth over all is 23.4 feet. Her beam at water line is 4 feet 9 inches and at the deck 6 feet. The deck is plantant. and at the deck 6 feet. The deck is plant; ed with white cedar three-sixteenths of a inch in thickness, covered with white car vas, painted a mahogany color and rubbe down. The bulkheads at each end are wa ter tight and the cockpit is nonsinkable.

Her centerboard is of the dagger variets, and when it is down the draft is 2 inches at the widest part, and tapers down to a point at the lower edge. It is 6 bronze, covered with a coating of manganese. All in all the board is one of the stronger, to be a stronger to be a stron strongest points about the America;

Her mainsail is a lego'mutton improve Her mainsail is a lego mutton improve ment on the English yard rig. The bais is all on the mast. She has 195 square fee of mainsail and 35 square feet of mai jib. She carries three other jibs and a large spinnaker. The light sails are all made of union silk. The throat and jib halliards are of brenze wire down to the double jig at deck. The shrouds are of the same material, one of the high is discovered. same material, one-eighth inch in diame ter. W. P. Stephens is the designer of the Ethelwynn.

Ethelwynn's first race was sailed at the American regatta on Aug. 10, and sh was victorious in her class. She defeated Trilby, a noted half rater, by 13 minute, and the Huntington brothers' stanch little Question by 40 minutes. At the Riversida regatta, Aug. 22, she had a walkover, and also ran away from the 21 footers, win ning from them on actual time in a bea to windward. Aug. 24, at the Horseshot Harbor Yacht club regatta, the baby de fender capsized. The wind was very heavy on this occasion. Fitted with a new sui of sails. Ethelwynn entered the trial race and won all three.

JOHNNY IS LADY CHAMPION.

am, and from your description I can't help thinking that in that girl you've A Chicago Miss Who Recently Won a Sil got enough to stock a jewelry store. Why not try it?" ver Cup at Wheaton Links.

Johnny Carpenter is the lady champion golf player of Chicago, and is consequent ly a heroine among the society people of the World's Fair City. John is usually regarded as a name for males exclusively, but Miss Carpenter's father, J. W. Carpenter, had ideas of his own on the subject, and his daughter was christened John A. Carpenter. It was inevitable, of course, A. Carpenter. It was inevitable, of course that she should be called Johnny, and

that she should be called Johnny, and as "little Johnny" Carpenter she is now be ing praised by the golfers of Chicago.

Johnny was born in Kentucky 14 years ago, and her grandfather, Albert Price, was a wealthy Kentuckian, who added to his fortune by purchasing a great deal of Chicago real estate when it was cheap. As a result of his foresight Johnny will or a result of his foresight Johnny will out day have money for conflagrations. She is a strong, well built little miss, with gold an hair and innocent blue eyes. She first became initiated into the mysteries of the



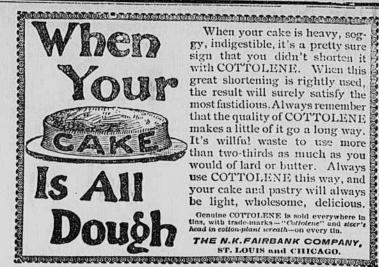
MISS JOHN A. CARPENTER.

gentle craft a year ago, and after watch-ing the members of the Chicago Golf club for a time she secured an outfit of battered

clubs and began golfing on herown book She became a great favorite with Cap-tain C. B. Macdonald and other prominent golfers of the Chicago club, and they called her the Little Mascot. When the tournament for women was announced Johnny's friends promptly entered her name, but many of the women of the club protested against her playing. They said she was a mere child and too young to play, but there are those who are uncharitable enough to declare that Johnny was opposed solely because Johnny was a formidable golfer. Johnny's friends stood by her, however, with the result that she was allowed to play. She was heartily encour-aged by the men of the club, and callly won the silver cup which was the first prize of the tournament.

Miss Ada Rehan's Plans.

Miss Ada Rehan appears to have real estate in the British isles. Not only has she been summering at 'her bungalow on the Irish coast,' but she has been rural-izing at 'her own little cottage' in Cum-berland. Miss Rehan opens her season at Hooley's theater, Chicago and then twinkles in Baltimore, Washington, Philadel-phia, Boston, Montreal, Toronto and phia, Bo Brooklyn



HER CHARMS.

They Were Many and Varied and Might

Be Useful.

then suddenly he blurted out, directing

his remarks to the man who was deep in the news of an evening paper:

"Lovely girl!".
"Who?" asked the man with the

The lover looked so indignant at this

that the other hastened to rectify his

"Oh, yes," he exclaimed, "I forgot you were engaged!"

The lover was appeared.
"Wonderful girl!" he said. "I find more to admire in her every day. She is not only beautiful, but she is coura-

geous and has nerves of steel."
"Ah, yes," said the man with the pa-

per absentmindedly.
"It's in her beauty, however, that she excels," went on the lover. "Her neek

"And then think of her golden hair."
"I do," said the man with the paper

"You've spoken of them before."

Since then they have not spoken .-

Witty Cowards.

ognized a young man who had been em-

ployed in his tobacco factory previous to

"Why are you not in your place fight-

g?" the general demanded angrily.
"Why," answered the youth, "I just

wanted to tell you that, if you don't mind, I reckon I will take my day off

Admiral David D. Porter once said

that he had asked a friend who had

fought all through the war, and made

and throat are like chiseled marble." "Ah, yes," said the man with the pa-

in an offhand way.

"Quite so."

gems. '

the lover.

Chicago Post.

enlistment.

a man.

tone.

"And her silvery voice."
"I've noticed it."

"And her pearly teeth."

"And her ruby lips."

threw down his paper.

He is like all lovers and can talk of nothing besides the young woman to whom he is devoted. He sat in the club window smoking and thinking of her;

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When your cake is heavy, sog-

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IN EFFECT SEPT. 15, 1895.

East Roanoke Salem. "Then hereyes are like diamonds, too, Leave Terry Building. Ly Highlar Avenue. and her conversation is full of sparkling Leave Spring. The man who had been trying to read A M A M A M 5 40 6 20 7 400 9 40 10 20 9 40 10 20 9 40 10 20 9 40 10 20 9 40 10 20 9 40 10 20 9 40 10 20 9 40 10 20 9 40 10 20 9 A M A M 7 50 8 00 8 30 8 40 9 10 9 20 9 50 10 00 11 10 11 20 11 150 12 00 P M P M 12 30 12 40 1 150 2 200 2 30 2 40 A M A M 8 10 8 20 8 50 9 00 9 30 9 40 10 10 10 20 A M A M 8 CO 8 20 8 40 9 20 9 40 11 00 11 00 12 0 11 40 11 20 11 40 12 00 12 40 1 1 20 11 20 11 20 11 20 11 40 12 00 2 2 00 2 2 00 2 2 00 3 20 3 40 4 00 4 20 5 20 5 40 6 40 7 60 6 6 40 6 8 00 8 20 8 20 8 20 9 40 "Why not start up in business with her?" he asked. "What are you talking about?" asked 10 00 10 40 11 20 12 00 P M 12 40 1 20 2 00 2 40 3 20 4 00 4 00 5 20 6 00 10 10 10 50 11 30 P M 12 10 12 10 12 50 2 16 2 50 2 50 3 30 4 10 6 50 7 30 8 10 8 50 8 50 8 50 "Business, plain business," returned the other. "I always have an eye to business. That's what made me what I 6 40 7 20 8 00 8 40 9 20 There were few real cowards in the eivil war, and yet many an officer on both sides has amusing stories of cowardice to tell, especially of the earlier pe-

S. W. JAMISON, President and General Manager.

## Na. R. W NorfolksWestern St. riod of the great conflict. General Joseph E. Johnston, the Confederate commander, now dead, used to relate that in one of those early battles, and in the SCHEDULE IN EFFECT MAY 12, 1895. hottest part of the action, he felt his coattails pulled. Turning about, he rec-

5:20 a. m. (Washington and Chattanoogs limited) for Bristol and the South and West. Stops at principal stations west of Radford. Pullman sleepers to New Orleans and Memphis, dining car at-1:05 a. m. for Badford, Bluefield and

Pocahontas 4:25 p. m. the Chicago Express for Radford, Bluefield, Poczhontas, Kenova, Oincinnati, Indianapolis, St. Louis, Kansas City, Columbus and Chicago. Sunet Sleeper

an excellent record, if he had ever killed "Yes," he answered, in a remorseful ne. "At Bull Run I ran at the first sorth and Eastbound, Leave Roanoks fire. A Confederate chased me for ten miles and was then so exhausted that he dropped dead!"—Youth's Companion.

Wind Wanted.

County Councilor-What is the matter, madam?

Fair Cyclist—I have punctured my bicycle. Here is the place. Won't you please make a speech into it?—Pick Me Up.

The Glowworm Cavern

The greatest wonder of the antipodes is the celebrated glowworm cavern, discovered in 1891 in the heart of the Tasmanian wilderness. The cavern or caverns (there appears to be a series of such caverns in the vicinity, each separate and distinct) are situated near the town of Southport, Tasmania, in a limestone bluff, about four miles from Ida bay. The appearance of the m...n cavern is that of an underground river, the entire floor of the subterranean passage being covered with water about a foot and a half in depth. These wonderful Tasmanian caves are similar to all caverns found in limestone formation, with the exception that their roofs and sides literally shine with the light emitted by the millions of glowworms which in-habit them.—St. Louis Republic.

A gold dollar if beaten until its surface was enlarged 310,814 times would become a golden film not more than the 1-566,020th part of an inch in thick-

Sawdust and chamois as polishers after cut glass has been thoroughly washed in hot soapsuds will make it glitter and

Authorities on chess declare that the game was known to the Chinese in the vear 174 B. C.

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and Ohio railroad. Stops only at
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